



## NRI NEWSLETTER

The NRI Newsletter is a bi-monthly publication that brings together news and events relevant to our stakeholders of the public behavioral health system.

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### SPOTLIGHT

#### **Funding and Characteristics of Single State Agencies for Substance Abuse Services and State Mental Health Agencies, 2015**

Recently, SAMHSA released the report, *Funding and Characteristics of Single State Agencies for Substance Abuse Services and State Mental Health Agencies, 2015*. NRI, NASMHPD, and NASADAD led the development of this report that documents the organization, structure, services, financing, and policies of all the State Mental Health Agencies and State Substance Abuse Agencies. [Read more.](#)

### STATE NEWS

#### **Arkansas DHS Announces New 'One-Stop Shop' Division for Medicaid Providers and Clients**

The Arkansas Department of Human Services (DHS) will create a new Division of Provider Services and Quality Assurance (DPSQA) that will oversee contracts, inspect and certify or license facilities and provider organizations that deliver services to Medicaid beneficiaries. [Read more.](#)

#### **Nebraska Needs Assessment for Behavioral Health Workforce: a State-Level Analysis**

Nebraska's Division of Behavioral Health commissioned a needs assessment to identify strengths and weaknesses in its behavioral health workforce. This study describes trends in the supply and the need for behavioral health professionals in Nebraska. A state-level health workforce database was used to estimate the behavioral health workforce supply and need. Compared with national estimates, Nebraska has a lower proportion of all categories of behavioral health professionals. [Read more.](#)

### RESEARCH

#### **Caregivers of Individuals With Schizophrenia Experience High Levels of Distress**

A study published today in *Psychiatric Services in Advance* reports that psychological distress among family or friends who provide unpaid support to people with schizophrenia or schizoaffective disorder is much higher than the general population. [Read more.](#)

## **Computer-Assisted CBT for Depression Found Equivalent to Standard CBT**

According to a report in AJP in Advance, patients with major depressive disorder who used a computer-assisted form of cognitive-behavioral therapy (CBT) in conjunction with visits with a therapist experienced similar remission rates as those who received traditional CBT for 16 weeks. [Read more.](#)

## **Study Highlights Unmet Treatment Needs Among Adults with Mental Health and Substance Use Disorders**

Despite current treatment guidelines, fewer than 10 percent of adults with co-occurring mental health and substance use disorders receive treatment for both disorders, and more than 50 percent do not receive treatment for either disorder. [Read more.](#)

### **FREE EDUCATIONAL OPPORTUNITIES**

#### **OCTOBER 30: Measures that Matter: State Measurement Strategies that Drive Integration**

This webinar will discuss the latest thinking on how to approach measurement at the intersection of physical and mental health care, as well as concrete state strategies to measure integration, both in how providers are delivering care, and in health outcomes. [Register now.](#)

#### **NOVEMBER 1: Coping with Stress and Depression Training—How You Can Fit Mindfulness Into Your Busy Schedule**

Unmanaged stress can lead to illness and depression. Practicing regular self-care can help you manage your stress, join to learn how to build in mindfulness exercises into your daily routine. [Register now](#)

#### **NOVEMBER 1: Leveraging Technology To Support Your Population Health Management Strategy**

Join NRI board member and Medical Director for the National Council for Behavioral Health, Joe Parks, M.D., to learn about the tools and strategies for population health management success. [Register now.](#)

#### **NOVEMBER 15: First Episode Psychosis Resources: Focus on Treatment Options**

With support from SAMHSA, NASMHPD and NRI have produced several technical assistance resources related to the development and implementation of effective programming to support people experiencing early serious mental illness, especially first episodes of psychosis. This webinar will provide an overview of 13 new TA resources, available on the [NASMHPD website](#). [Register now.](#)

### **FUNDING & AWARDS**

#### **CMHS Funds FY 2018 Transformation Transfer Initiative (TTI) Grants**

The Center for Mental Health Services (CMHS) has announced it will fund another year of the Transformation Transfer Initiative (TTI) administered in part by NASMHPD. [Learn more.](#)

#### **New Jersey To Launch \$30 Million Performance-Based Enhanced Care Management Program For Opioid Use Disorder**

The New Jersey Department of Human Services, Division of Mental Health and Addiction Services (DMHAS) is preparing to launch a performance-based enhanced care management (ECM) program valued at \$30 million annually that will serve individuals with an opioid use disorder (OUD). [Learn more.](#)

### **HELPFUL RESOURCES & LINKS OF INTEREST**

[Roadmap to Behavioral Health: A Guide to Using Mental Health and Substance Use Disorder Services](#) Use this guide with the Roadmap to Better Care and a Healthier You to understand how to use your coverage to improve your mental and physical health. This guide adds to the 8 steps of the Roadmap to give important information about behavioral health.

[Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide](#)

[for Parents, Caregivers, and Teachers](#) This fact sheet helps parents and teachers recognize common reactions of children after experiencing a disaster or traumatic event. It highlights reactions by age group, offers tips for how to respond in a helpful way, and recommends when to seek support.

[Effects of Traumatic Stress after Mass Violence, Terror, or Disaster](#) It is important to help survivors recognize the normalcy of most stress reactions to disaster.

[Restoring a Sense of Safety in the Aftermath of a Mass Shooting: Tips for Parents and Professionals](#) Many children will soon be on school holidays putting additional responsibility on parents and caregivers to reassure children who may know about or ask questions around this event.

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